

*Strides in Development of Medical Education**Journal of Medical Educational Development Center**2004; 1(1): 41-47***Impact of Health Education on the Knowledge and Practice of 3rd Grade Guidance School Girls of Shahrababack in Relation to Menstruation Health in 2003****Zahra Jalili Ph.D.****Assistnat Professor of Social Medicine Department, Kerman Medical Sciences Univesity***Sakineh Mohammad alizadeh MS.***Instuctor, Nursing and Midwifery School, Kerman Medical Sciences University***Soraya Atta-ollahi MD.***General physician, Kerman*

Background: Adolescence is accompanied with deep psychological, physiological and social changes. Girl's lack of awareness about this period, could form the basis of many physical and behavioral problems. Planned health education programs, carried out to develop required skills and abilities leave clear impression on the manner the youth handles these changes.

Objective: The aim of this study was determining the impact of health education on the knowledge and practice of 3rd grade guidance school girls of Shahrababak city (Kerman/Iran) in relation to the health of menstruation.

Methods: The present study is a quasi experimental (before-after) in which 200 Subjects were chosen by multi-stage random sampling method. Data collection was carried out through a questionnaire containing 23 questions divided into two parts of knowledge and practice. After determining the validity and reliability, questionnaires were distributed among subjects (pre-test). Final testing (post-test) was administered after training courses.

Results: Findings of the pre test stage represented weak knowledge and practice of the students concerning health of menstruation and there was significant increase in mean scores of knowledge [from 5.8 (41.4%) to 12.7 (90.7%)] and practice [from 23.7 (65.8%) to 28.3 (78.6%)] after training program ($P<0.0001$). Mean scores of practice before and after training course showed significant difference based on family size and source of information ($P<0.05$). The least difference of mean score (2.17) was related to students with the greatest family size (>8). In regard to the source of information the highest difference between mean scores of before and after training (6) was related to the students who reported their friends and teachers as their source of information.

Conclusion: According to the findings showing significant increase in knowledge and practice mean scores in post-test stage, designing regular and continuous educational programs concerning the problems of girls maturity period, specially health of menstruation is recommended. It is obvious that girls' knowledge in this respect is not only their natural right but also one of the health program priorities.

Key Words: Health education, Knowledge, Practice, Health of Menstruation

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